Pregnant?

Warning: Zika can cause microcephaly and other severe brain defects.
There is no vaccine to prevent Zika virus infection.

Protect yourself from mosquito bites:

- **Daytime is most dangerous:** Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.
- **Use insect repellent:** It works!
  Look for the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or permethane-diol, or 2-undecanone.
- **Wear protective clothes:** Wear long-sleeved shirts and long pants and use insect repellent. For extra protection, treat clothing with permethrin.
- **Mosquito-proof your home:** Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs near standing water.

For more information: